

**Objective:** Students will use the Seeing Solutions framework designed to help students reach their goals. Students will explore how this framework works in different situations.

**Resources Needed for this Activity:**

- Paper copies [8\_U5\_A4\_Seeing Solutions Framework Worksheet]

**Opening: 3 minutes** –The advisor acknowledges that teenagers can feel overwhelmed at times by their problems. They often have difficulty finding solutions to the many issues that face them. Using a framework to help them see solutions can be very helpful.

**Activity: 25 minutes** –The advisor hands out the Seeing Solutions Framework Worksheet and describes the four steps of the framework: 1) What is your desired goal? 2) What strategies are you using to reach that goal? 3) Are your strategies working? 4) If not, what other strategies might help you get your desired results?

The advisor tells them that they will use the Seeing Solutions Framework to resolve a series of scenarios. Read Scenario #1 from the Worksheet to the students and ask the students to answer each of the framework questions. Answer possibilities include: 1) What is Elise's goal? *Not to be bored, to get Samuel's attention.* 2) What strategies is she using to reach that goal? *Making funny faces, talking back to the teacher.* 3) Are her strategies working? *Making funny faces was not working; talking back probably will not work.* 4) If not, what other strategies might help get her desired solution? *Try to get interested in science class, talk to Samuel after class.*

Divide the students into groups of three, read Scenario #2, and ask group members to answer the four Seeing Solutions framework questions: 1) What is Jose's goal? 2) What strategies is he using to reach that goal? 3) Are his strategies working? 4) If not, what other strategies might help get his desired solution? Then ask selected group members to share their answers with the class.

Read Scenario #3 and ask group members to answer the four Seeing Solutions Framework questions. Ask selected group members to provide their answers.

Ask the groups to create their own scenarios about a teenager who has a problem, and to then use the questions in the framework to help the student solve the problem.

Ask selected group members to present their scenario and answers using the Seeing Solutions Framework.

**Closure: 2 minutes** – The advisor closes by assuring students that everyone faces significant problems at some point in their life, and as a teenager, sometimes they can feel overwhelming. Using a framework of questions can help students find their way to a solution. They can practice with small challenges, and become more comfortable about their ability to handle larger problems.